

MEDALLION

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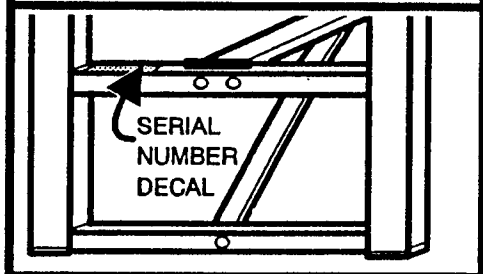
12 IN 1 WEIGHT BENCH

M159

MODEL NO. M159

SERIAL NO.

Write serial number in the space above for reference.



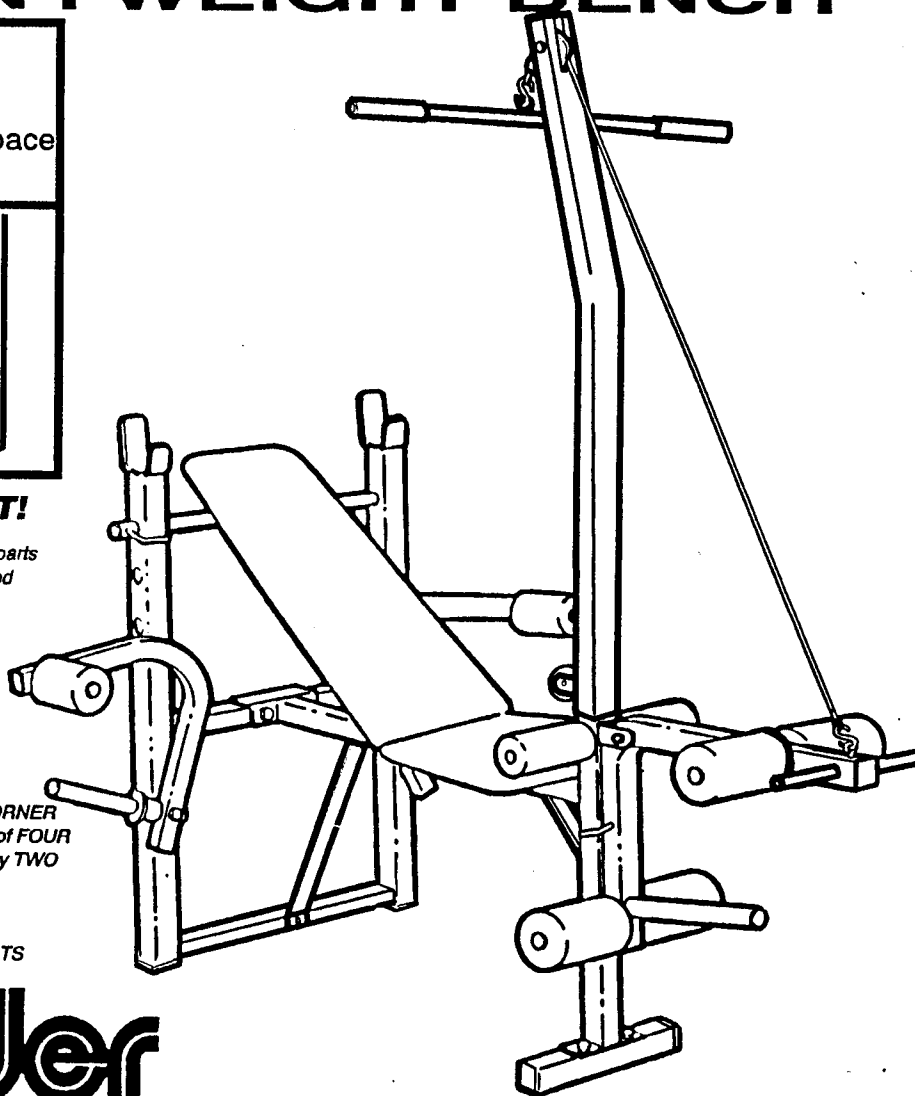
WAIT, READ THIS FIRST!

If you find this unit to have missing or defective parts please have ready the following information listed below before calling the 800 NUMBER.

*The ASSEMBLY MANUAL
MODEL NUMBER of this UNIT
PART NAME or DESCRIPTION
ORDERING NUMBER
THE QUANTITY of each part that you need.*

THE MODEL NUMBER of this unit can be found in the UPPER LEFT-HAND or RIGHT-HAND CORNER of this page. The MODEL NUMBER is a series of FOUR or FIVE NUMBERS, or a NUMBER preceded by TWO LETTERS.

THE PART NAME or DESCRIPTION and the ORDERING NUMBER can be found on the PARTS LIST PAGE.



weider

OWNER'S MANUAL

MADE IN TAIWAN

WEIDER is committed to providing you complete customer satisfaction. If you have any questions concerning the assembly of this product or find damaged or missing parts, we guarantee you direct assistance. AVOID THE HASSLE OF CONTACTING THE STORE FOR PARTS OR RETURNING THE PRODUCT. Call our "CUSTOMER ASSISTANCE LINE" for assistance with parts and information by calling our toll free number 1-800-225-0653, Mon. - Fri., 8 am - 5 pm CST.

IMPORTANT: Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.

WEIDER SPORTS INC.
21100 Erwin Street, Woodland Hills, CA. 91367 USA

M159 PART LIST

DIAGRAM NO	PART NAME	QTY	ORDERING NO
1	UPRIGHT	1	KT 6977-F53*F54
2	ANGLE BRACKET	1	KT6978-F53*F54
3	MAIN FRAME	1	KT6979-F53*F54
4	FRONT SUPPORT	1	KT6980-F53*F54
5	BACKREST ADJ BAR	1	KT6054-A06*F54
6	SMALL FOAM PAD 2" X 6"	2	KT 0446-E01*F54
7	PAD BAR 3/4" X 11 1/2"	2	KT6976-F53*F54
8	BACKREST	1	KT1396-E01*F54
9	SEAT	1	KT1331-E01*F54
10	LONG ANGLE IRON	2	KT6981-F53*F54
11	LEG CURL	1	KT6982-F53*F54
12	MAST	1	KT6983-F53*F54
13	LARGE FOAM PAD 2 3/4" X 5"	6	KT0437-B25*F54
14	RIGHT BUTTERFLY	1	KT6984-F53*F54
15	LEFT BUTTERFLY	1	KT6885-F53*F54
16	LAT BAR	1	KT6986-F53*F54
17	BUTTERFLY PAD BAR 3/4" X 9"	2	KT6363-F03*F54
18	PAD BAR 3/4" X 13 1/2"	1	KT6357-F03*F54
19	FOAM GRIP	2	KT0417-B05*F54
20	WEIGHT BAR 1" X 12"	1	KT6975-F53*F54
21	PULLEY 2 7/8"	2	AA-8215*F54
22	EYELET BOLT 5/16"	1	HH-5313*F54
23	3/8" X 2" HEX HEAD BOLT	1	HH-5244*F54
24	3/8" ACORN NUT	3	HH-5020*F54
25	CABLE 58" LONG	1	KT6647-F53*F54
26	CABLE 48" LONG	1	KT6648-F53*F54
27	S-HOOK	2	WW-7030*F54
28	LOCKING PIN	1	WW-7004*F54
50	5/16" X 2 1/4" HEX HEAD BOLT	4	HH-5199*F54
51	5/16" X 2 1/2" HEX HEAD BOLT	4	HH-5053*F54
54	5/16" X 5" HEX HEAD BOLT	2	HH-5328*F54
55	5/16" NYLON LOCK NUT	12	HH-5012*F54
56	3/8" X 2 1/2" HEX HEAD BOLT	1	HH-5015*F54
57	3/8" X 1 3/4" HEX HEAD BOLT	1	HH-5308*F54
59	1/4" X 3/4" MACHINE SCREW	6	HH-5022*F54
70	2" SQUARE PLASTIC INSERT CAP	2	AA-8002*F54
71	1 1/2" SQUARE PLASTIC INSERT CAP	6	AA-8001*F54
72	1" ROUND PLASTIC INSERT CAP	7	AA-8005*F54
73	1" ROUND PLASTIC COVER CAP / WITH 15 DEGREE END	1	AA-8070*F54
74	3/4" ROUND PLASTIC INSERT CAP	9	AA-8004*F54
75	WEIGHT STOP	2	AA-8112*F54
76	PLASTIC SLEEVE 1" X 2"	2	AA-8091*F54
77	PLASTIC SLEEVE 1/2" X 3"	2	AA-8128*F54
78	STOPPER PIN	2	WW-7038*F54
79	5/16" X 1 3/4" HEX HEAD BOLT	4	HH-5301*F54
80	5/16" X 3 1/4" HEX HEAD BOLT	1	HH-5297*F54
81	METAL FERRULE	2	HH-5354*F54
90	UPRIGHT DECAL - MEDALLION	1	DE-4311*F54
	ASSEMBLY MANUAL	1	KTNN-1223*F54
	HARDWARE BAG (BOLTS AND NUTS)	1	KT5765-F53*F54
	HARDWARE BAG (PLASTICS)	1	KT5766-F53*F54

ORDERING PARTS

Weider is dedicated to insure that each product is manufactured to the highest standards and that this product reaches the customer in the best possible condition. In the event that you find any problem in workmanship or missing parts please call our toll free product service number: 1-800-225-0653.

Weider provides replacement parts at no charge to the customer for one year if it is determined that the part was defective from the manufacturer or if any part is missing from the original, un-opened carton.

If it becomes necessary to order replacement parts the following action and information is required:

1. Your Owner's I.D. card must be returned to us to verify the product you have purchased, your name, address, and the date of your purchase. No charge replacement parts will not be sent without this information on file with our Parts Department.

2. Parts may be ordered using the parts order card which is included with this product or by calling our product service number: 1-800-225-0653.

3. Before ordering parts by phone have ready the following information to expedite your order:

- a. Name of the product (MEDALLION)
- b. Model number of product (M159)
- c. Serial number of the product located on a decal on the frame
(See drawing on front cover for the location of this decal.)
- d. Ordering number of part (See Parts List page.)
- e. Description of the part from the Parts List page
- f. Country of manufacturer (See cover.)

The same information is required when placing your order by mail.

If you need parts or assistance do not return this product to the store, simply contact Weider Customer Assistance at 1-800-225-0653 Monday - Friday 8 a.m. - 5 p.m. CST.

All parts and service inquiries should be directed to:

Weider Sporting Goods
Parts Service Department
900 West St. John Street
Olney, Illinois 62450

STEP 1 FRAME ASSEMBLY

- ☐ Press 2" SQUARE PLASTIC CAPS (70) into bottom end of UPRIGHT (1).
- ☐ Look carefully at FRONT SUPPORT (4). One side of the Front Support has the bolt holes dimpled-in - this is the side of the part that must be faced to the floor. Bolt MAIN FRAME (3) front bracket to FRONT SUPPORT (4) using 5/16" X 1 3/4" HEX HEAD BOLTS (79) and 5/16" NYLON LOCK NUTS (55). Press 1 1/2" SQUARE PLASTIC CAPS (71) into each end of FRONT SUPPORT (4).
- ☐ Assemble rear U-Bracket of MAIN FRAME (3) over cross-member of UPRIGHT (1) and secure using 5/16" X 2 1/4" HEX HEAD BOLTS (50) and 5/16" NYLON LOCK NUTS (55). Press 1 1/2" SQUARE PLASTIC CAP (71) into top of vertical member of MAIN FRAME (3).
- ☐ Assemble ANGLE BRACKET (2) to MAIN FRAME (3) with a 5/8" HEX HEAD BOLT (50) and a NYLON LOCK NUT (55). Next bolt the ANGLE BRACKET (2) to lower cross-member of UPRIGHT (1) with a 5/8" HEX HEAD BOLT (50) and a NYLON LOCK NUT (55).
- ☐ Into each end of the long PAD BAR 3/4" X 13 1/2" (18) press a 3/4" ROUND PLASTIC CAP (74). Apply a small amount of liquid dish detergent to the ends of the Pad Bar to act as a lubricant and slide on one FOAM PAD 2" X 6" (6). Assemble the Pad Bar into the large hole in the top of the vertical member of the Main Frame. Apply a small amount of liquid dish detergent to the opposite end and slide on the other FOAM PAD 2" X 6" (6).
- ☐ Press a 3/4" ROUND PLASTIC CAP (74) into the handle end of BACKREST ADJ BAR (5) and position Bar into one of the hole patterns in UPRIGHT (1). The Backrest Adj Bar is used to position the Backrest into three positions for doing various exercises.
- ☐ UPRIGHT DECAL: Remove the backing from DECAL (90) and align on UPRIGHT (1) below the bar holder bracket.

STEP 2 BACKREST AND SEAT ASSEMBLY

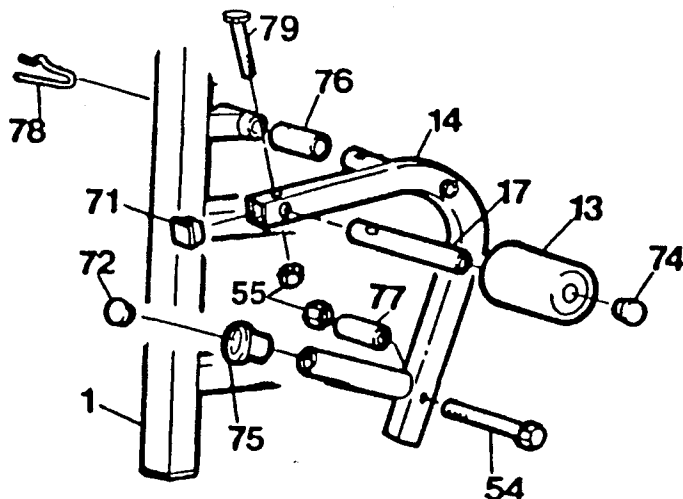
- ☐ Turn the BACKREST (8) over to expose the threaded holes. Position the LONG ANGLE IRONS (10) so that the flat side faces the outside of the Pad and fasten with 1/4" X 3/4" MACHINE SCREWS (59). DO NOT COMPLETELY TIGHTEN THESE SCREWS AT THIS TIME!
- ☐ The bottom end of the BACKREST (8) is the end that the LONG ANGLE IRONS (10) extend past. This is the end that is assembled to the MAIN FRAME (3).
- ☐ Straddle the Long Angle Irons over the bolt hole in the Main Frame where the Backrest is to be assembled. Assemble the 5/16" X 3 1/4" HEX HEAD BOLT (80) into the large hole at the very end of one of the LONG ANGLE IRONS (10) and into one METAL FERRULE (81). The Hex Head Bolt will then go all the way through the Main Frame. As it comes out of the Main Frame on the other side place another METAL FERRULE (81) onto the bolt and push the bolt the rest of the way through into the opposite LONG ANGLE IRON (10). Secure with a 5/16" NYLON LOCK NUT (55).
- ☐ TIGHTEN ALL THE MACHINE SCREWS ON THE BACK OF THE BACKREST AT THIS TIME.
- ☐ Align the SEAT (9) onto the seat bracket on MAIN FRAME (3) and attach with 1/4" X 3/4" MACHINE SCREWS (59).

STEP 3 LEG CURL ASSEMBLY

- ☐ Press a 1" ROUND INSERT CAP (72) into the front end of the Weight Pin and place the 1" ROUND COVER CAP WITH THE 15 DEGREE END (73) on the back end. The 15 degree side of the cap should be oriented to the angle of the Weight Pin. Slide the WEIGHT STOP (75) over the Weight Pin (flared side out) until it is against the LEG CURL FRAME.
- ☐ Press a 1 1/2" SQUARE PLASTIC CAP (71) into forward end of LEG CURL (11).
- ☐ Position the Leg Curl between the Leg Curl Brackets on MAIN FRAME (3) and secure with 3/8" X 2 1/2" HEX HEAD BOLT (56) and 3/8" ACORN NUT (24). This bolt should be tightened, but be careful not to over tighten or the Leg Curl will bind.
- ☐ There are two Pad Bars to assemble next. These Pad Bars are 3/4" in diameter and are 11 1/2" long. Press 3/4" ROUND PLASTIC CAPS (74) into both ends of each PAD BAR (7). Apply a small amount of liquid dish detergent to each Pad Bar and slide on one FOAM PAD 2 3/4" X 5" (13) to each Pad Bar.
- ☐ Assemble each Pad Bar into the large holes at the ends of LEG CURL (11) and slide on another FOAM PAD 2 2/3" X 5" (13).
- ☐ Assemble WEIGHT BAR (20) through 1" hole at end of LEG CURL (11). Align bolt holes and secure with 5/16" EYELET BOLT (22) and a NYLON LOCK NUT (55).
- ☐ Press 1" ROUND PLASTIC INSERT CAPS (72) into each end of WEIGHT BAR (20).

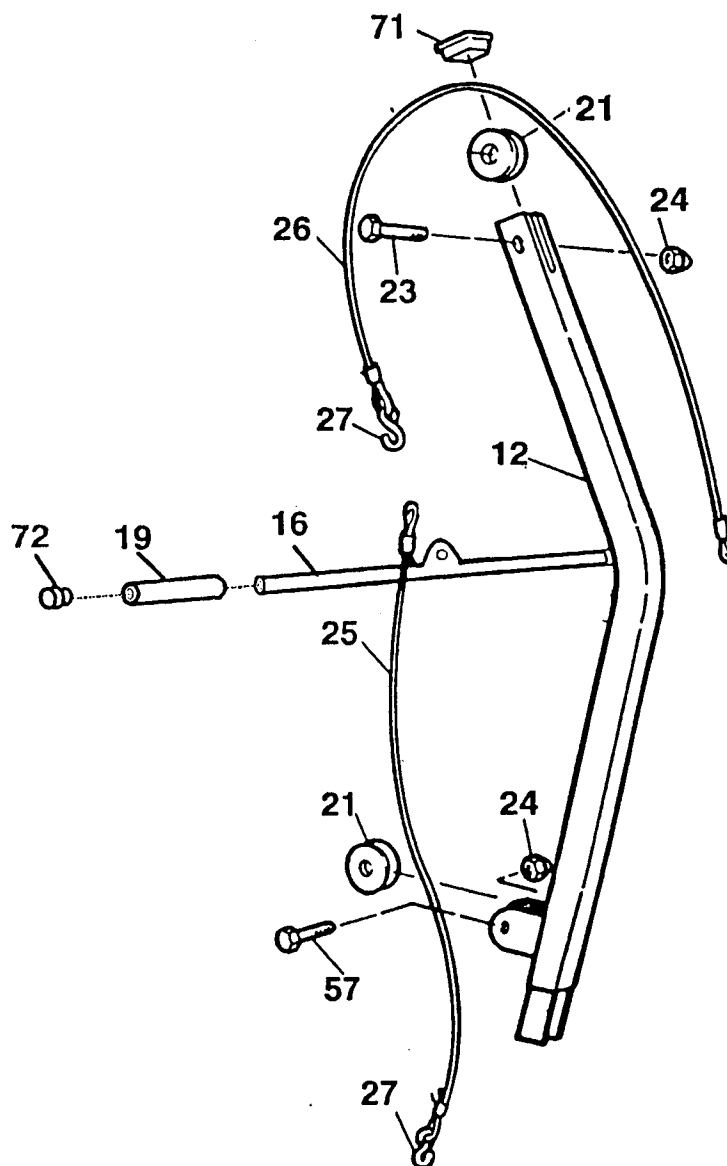
STEP 4 BUTTERFLY ASSEMBLY

- ☐ There are two Butterfly Attachments with this unit: a RIGHT BUTTERFLY (14) and a LEFT BUTTERFLY (15). Instructions are given for one and are repeated to assemble the other.
- ☐ Assemble BUTTERFLY PAD BAR (17) through the large hole in the end of Butterfly Frame aligning bolt holes. Secure with 5/16" X 1 3/4" HEX HEAD BOLT (79) and 1/4" NYLON LOCK NUT (55).
- ☐ Press 3/4" ROUND PLASTIC CAP (74) into end of BUTTERFLY PAD BAR (17). Slide LARGE FOAM PAD 2 3/4" X 5" (13) onto end of BUTTERFLY PAD BAR (17). Again a small amount of liquid dish detergent will help with this assembly.
- ☐ Attach a 5/16" X 5" HEX HEAD BOLT (54) through the Butterfly Frame and Weight Pin; a PLASTIC SLEEVE (77) will then be assembled onto the bolt and secured with the 5/16" NYLON LOCK NUT (55). Press 1" ROUND PLASTIC CAP (72) into end of Weight Pin. Slide PLASTIC BUSHING (75) over Weight Pin until it is against the Butterfly Frame.
- ☐ Assemble PLASTIC SLEEVE (76) over welded Butterfly Tube.
- ☐ Slide entire assembly into welded tube bracket on UPRIGHT (1). Insert STOPPER PIN (78) into center of assembly (rounded end first), making sure the side of the Stopper Pin that has a raised section is aligned with the hole in the welded Butterfly Tube. Push STOPPER PIN (78) into welded Butterfly Tube until it clicks into place as the raised section exits the hole.
- ☐ Press a 1 1/2" SQUARE PLASTIC CAP (71) into end of Butterfly Frame.



STEP 5 MAST ASSEMBLY

- ☐ Assemble PULLEY (21) into top of MAST (12) and secure with 3/8" X 2" HEX HEAD BOLT (23) and 3/8" ACORN NUT (24).
- ☐ Drape 58" CABLE (26) over PULLEY (21) and cap MAST (12) with 1 1/2" SQUARE PLASTIC INSERT CAP (71).
- ☐ Assemble PULLEY (21) into Pulley Plates on bottom of MAST (12) trapping 48" CABLE (25) behind PULLEY (21). Secure with 3/8" X 1 1/2" HEX HEAD BOLT (57) and 3/8" ACORN NUT (24).
- ☐ Press 1" ROUND PLASTIC INSERT CAPS (72) into each end of LAT BAR (16) and assemble FOAM GRIPS (19) onto each end of LAT BAR (16).
- ☐ Insert S-HOOK (27) through cable eyelet on one end of each CABLE (25) & (26).



USING MAST ASSEMBLY

STEP 1 ROWING AND CURLS

* Insert MAST ASSEMBLY (12) into MAIN FRAME (3). Connect eyelet of front CABLE (26) to EYELET BOLT (22) on LEG CURL (11). Connect S-HOOK (27) on front CABLE (26) to eyelet of rear CABLE (25) and then to LAT BAR (16). With this configuration, rowing and curl exercises may be performed. Free weights can be loaded on either or both the weight pin or WEIGHT BAR (20).

STEP 2 LAT PULL DOWNS

* To do Lat Work; either sitting or standing; connect LAT BAR (16) directly to S-HOOK end of front CABLE (26). Load weight on either the LEG CURL, WEIGHT PIN or the WEIGHT BAR (20)

LIMITED WARRANTY

Welder Sports Inc., a California corporation warrants this item of equipment to be free from defects in material and/or workmanship for a period of ONE YEAR from the date of the original purchase (retail, mail order or otherwise) for use. Welder also warrants the frame of this item of equipment to be free from defects in material or workmanship for a period of FIVE YEARS from the date of original purchase.

In the event of a defect in material or workmanship during the warranty period, Welder will repair or replace (at its option) the Equipment (or frame) under the conditions of this Warranty. Welder will do so at its expense for the cost of labor and materials but not for mailing except as noted.

LIMITATIONS, EXCLUSIONS AND OTHER RIGHTS:

Welder disclaims liability for any and all implied warranties except as set forth to the contrary herein. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Welder disclaims liability for indirect, incidental or consequential damages. This disclaimer applies during and after the warranty period. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

Welder is not responsible for damage to the Equipment caused by accident, theft, misuse, abuse, abnormal use or conditions, neglect or modifications.

This Warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

CLAIM PROCEDURE

If you discover a defect or malfunction during the period to which this Warranty applies, you must follow this procedure:

Write to: Parts Service Welder Sporting Goods 900 West St. John Street Olney, Illinois 62450

In your letter state your full name and address; the reason why you believe there is a defect or malfunction subject to this warranty; and the date and conditions under which the defect or malfunction occurred.

Include in your letter a copy of the sales receipt or other proof of date of purchase of the Equipment, if you have not sent in a warranty card. Upon receipt of your letter, Welder will make a preliminary determination of its responsibility to repair or replace under this Warranty.

PARTS SERVICE 1-800-225-0653

If Welder denies responsibility it will explain its decision in writing. If Welder accepts responsibility to repair or replace the item or part under the warranty it will notify you in writing to bring or ship the Equipment to a designated Welder facility or an authorized service station for repairs (returning or shipping will be at your expense).

If Warranty repair or replacement is made at a Welder facility, the Equipment will be returned to you at Welder's expense. If Warranty repair or replacement is made at a service station, arrangements for the return of the Equipment must be made directly with the service station and are made at your expense.